

Self-Discrepancies Scale (S-DS)

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Think for a moment and make a list of the features you would like to possess ideally and of those you definitely don't want to have (whether or not you think to possess them). To help you, if necessary, here are some examples of possible features:

Aggressive	Disagreeable	Kind	Refined
Agreeable	Disdainful	Lazy	Reasonable
Ambitious	Discreet	Liar	Shabby
Artist	Disinterested	Lively	Selfish
Authoritarian	Disorderly	Logic	Sensible
Slanderous	Disrespectful	Loudmouth	Sentimental
Benevolent	Domineering	Lucid	Serious
Brilliant	Effective	Methodical	Shy
Calculating	Energetic	Moderate	Simple
Calm	Entertaining	Modern	Solitary
Careful	Enthusiastic	Modest	Spiritual
Childish	Envious	Moral	Spiteful
Clair-sighted	Exuberant	Nasty	Stable
Clever	Fashionable	Neurotic	Stingy
Comic	Frivolous	Nice	Submissive
Compulsive	Funny	Nonchalant	Sweet
Conformist	Grateful	Normal	Tolerant
Contemptuous	Hard	Obedient	Ungracious
Cordial	Helpful	Obstinate	Uncultivated
Crafty	Humble	Open minded	Unmethodical
Creative	Honest	Painful	Unpredictable
Credulous	Imitator	Perceptive	Unreliable
Cultivated	Independent	Pessimistic	Unwise
Curious	Indiscreet	Philosopher	Vain
Deceitful	Ingenious	Reliable	Vivacious
Delicate	Insensitive	Radical	Wise

Ideal Self			
Features I would like to have:	Percentage	Features I wouldn't like to have :	Percentage
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %

<p><i>For each desirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 100%. For example, if you have a generosity ideal and that you think to actually possess this characteristic at 80% of your ideal, please write « Generous : 80% ».</i></p>	<p><i>For each undesirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 0%. For example, if you dislike stinginess and that you think to possess this feature at 20%, please write « Stingy : 20% ».</i></p>
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Choose the correct answer.

How big is globally the discrepancy between this ideal and the way you perceive yourself?

1	2	3	4	5	6	7
I feel very close to this ideal			I feel moderately close to this ideal			I feel very far away to this ideal

How strong is the distress caused by this discrepancy?

1	2	3	4	5	6	7
I don't feel distress about this discrepancy			I feel a moderate distress about this discrepancy			I feel an important distress about this discrepancy

Think for a moment and make a list of the features that are expected from you by your relatives (regardless of whether or not you think you possess them).

Ought self			
Features that the important people to me think I should have :	Percentage	Features that the important people to me think that I should not have :	Percentage
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %

<p><i>For each desirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 100%. For example, if you think that your relatives have an ideal of generosity for yourself and that you think to actually possess this characteristic at 80% of your ideal, please write « Generous : 80% ».</i></p>	<p><i>For each undesirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 0%. For example, if your relatives dislike you being stingy and that you think to actually possess this feature at 20%, please write « Stingy : 20% ».</i></p>
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Choose the correct answer.

How big is globally the discrepancy between this ideal and the way you perceive yourself?

1	2	3	4	5	6	7
I feel very close to this ideal			I feel moderately close to this ideal			I feel very far away to this ideal

How strong is the distress caused by this discrepancy?

1	2	3	4	5	6	7
I don't feel distress about this discrepancy			I feel a moderate distress about this discrepancy			I feel an important distress about this discrepancy